



JACKSON COUNTY EXTENSION SERVICE PO BOX 188 MCKEE, KY 40447

Family & Consumer Science Newsletter

A Note from Michelle...

Summer time is almost here, but please don't take a vacation from all the wonderful things we have going on in Homemakers. I am putting calendars for June and July on the last page, so please post it so you won't forget anything important. Have a safe and happy summer!



Club Meeting Dates

- 23rd—McKee Manor Homemakers, 2 pm
- 30th—Northern Jackson County Homemakers, 6 pm, Clover Bottom Baptist Church

Peanut Butter Drive

What if mud pies were all you and your family had to eat? For a large percent of the population of Northwest Haiti, that is a very real and sad truth. They try to survive by making and frying mud pies. The Northwest Haiti Christian Mission is asking for peanut butter to help feed the people. Peanut butter is high in



protein, keeps well, and does not require adding ingredients to be able to eat it. The Jackson County Homemakers will be collecting peanut butter, any brand, smooth or crunchy, until September 30th and you may drop off the peanut butter at the Jackson County Extension Office beginning in August, so try to stock up this summer.

Upcoming Events

Thursday, June 5th, 10 am, Reversible Quilting Workshop. Call for supply list.

Tuesday, June 10 at 6 pm, Oakwoods (Travis Sparks' village on Sand Springs Rd.) Homemaker Picnic & White Elephant Auction. Also, this is the last chance to bring recipes for our cookbook. We need about 100 more!!!!

Thursday, June 12, Get Moving Jackson County! Kickoff, 6 pm, Extension Office.

Saturday, June 14, Festival of Hope June 16-19, Sewing Camp, 10 am—2pm. Volunteers desperately needed to help. Our youth are so interested in learning how to sew, so please consider helping us. Call me with what days you have available.



July 15-17—Day camps for Kids, 10 am—1 pm, Extension Office

June Dates to Remember

- 5th—Reversible Quilting Class, 10 am**
- 14th—Festival of Life, Gray Hawk Park**
- 10th—Homemaker Picnic & White Elephant Auction, 6 pm**
- 16th—19th—Sewing Camp, 10—2, Ext. Office**

July Dates to Remember

- 4th—Independence Day, Extension Office Closed**
- 10th—Food for Fitness, 5 pm, Extension Office**
- 15th—17th—Day Camps for the Kids, Extension Office**
- 22nd—Canning Workshop, 10—12**
- 29th—Food for Fitness, 11 am, Extension Office**

Homemaker Picnic and White Elephant Auction

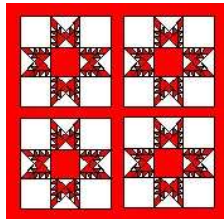
The Jackson County Homemaker's Annual Picnic will be held on Tuesday, June 10th, 6 pm at Oakwoods (Travis Sparks' village on Sand Springs Rd). Please bring a covered dish and a friend. Also, we are asking that members bring any nice items they may have and wish to donate by the Extension Office beforehand for the White Elephant Auction. We have kept track of everyone's attendance, participation, etc. and each person will receive "funny money" based on that. You can use that money to purchase white elephant gifts. White elephant gifts will consist of nice items that I have

gathered this year, any white elephant gifts that you bring by the office, and gift cards for \$25, \$10, and \$5. The Extension Office will be providing the meat, drinks, bread, and paper products. We will be eating at the shelter next to Travis' house. After the auction, Travis will be giving us a tour of his wonderful village. And yes, husbands are invited! Also, the deadline for recipes for our cookbook has been extended because we do not have enough. Please bring your recipes by this evening. Write them down as you prepare your dish for this evening. Please!!!!!!



Quilt Trail Project

We have met 3 times so far and have made great progress. We are asking each barn owner to pay \$300 to cover the costs of getting their quilt block. They will be able to choose which quilt block they want on their barn, plus, for the use of their barn for a tourism project, they will be able to count \$100 a month for 24 months as a donation to our project and take it off their taxes. JCTEC in Annville has agreed to allow us to do our painting in their facility and we are currently preparing to get started on the first block. We will be meeting on Wednesday, June 11th, at 1 pm at the Extension Office to plan a work schedule and to pick appropriate quilt blocks for barn owners to choose from. Anyone interested in helping is invited to attend.



Get Moving Jackson County!

If you are interested in getting fit and losing weight this summer, plan on joining us at the Jackson County Extension Office on Thursday, June 12th at 6 pm for the kickoff of "Get Moving Jackson County!" This is an 8-week program that helps you move and exercise more. The cost is \$5 per person. Prizes will be awarded to the people who exercise the most or lose the highest percentage of their beginning weight. You can join as an individual, as partners or as a team. Be sure to see the attached flyer about our upcoming Water Aerobics class!



Sewing Camp

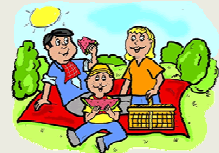
Our annual Sewing Camp is scheduled for the week of June 16-19, from 10 am—2 pm each day. If you are available to help during the Sewing Camp, even if for only a short time, please let me know as soon as possible. I need you desperately!!! We currently have 10 youth signed up and I haven't advertised in anyway, so please don't let them down! I will be providing lunch for all my volunteers.



Helpful Hints

How to Deal With Picnic Pests

Place several citronella candles around the picnic table. Don't wear hairspray, hand lotion, perfume or aftershave cologne because bugs are drawn to them. — Hints from Heloise



Prolonging the Life of Your Clothes

With prices for everything on the rise, one simple way to save money is to prolong the life of your clothing. Proper care of your clothing can reduce your need to buy items as often and get the most from your clothing investment.

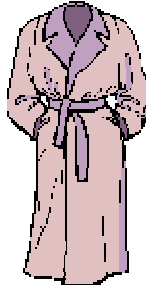
Here are some tips that will help you. Allow clothing items at least a 24-hour rest period between each wearing. This includes shoes. Air clothing after wearing and before it is stored. A good airing of several hours or overnight allows moisture from the body to evaporate and wrinkles to relax. Airing helps to naturally deodorize garments.

Treat and remove spots and stains as soon as possible—within 24 hours is best. Use “emergency” techniques when necessary. Be sure the person who does your laundry or dry cleaning knows where stains are located as well as the type of stain. Every laundry room should have a good stain-removal guide.

Never store clothing dirty. When allowed to remain, soil and/or stains may become permanent or cause permanent fabric damage. Soil and stains also attract insects.

Clothing should be washed or dry cleaned only when soiled. Over-washing or over-dry cleaning can limit a garment’s life-span. Freshen or renew garments between wearings by using a good clothes brush and airing.

Rely on the garment label for care instructions. Garment manufacturers are required to include at least one



appropriate care method with a garment. Avoid purchasing garments without care labels.

Keep several copies of the care label symbol guide close at hand for reference. It’s good to have one in the bedroom/closet and one in the laundry area.

Checked your laundering IQ recently? As fabrics, equipment and products change, so does garment care technology. Learn what’s new.

Teach family members how to do laundry properly. It’s not something we know how to do by instinct. Select a dry cleaner with as much care as you would choose your doctor or dentist. The life of your clothing may depend on it. Using over-the-counter dry cleaning products to “dry clean” in your dryer does not take the place of a commercial dry-cleaner when garments are soiled or stained.

Use correct storage techniques for all your clothing. Use flat storage for stretchy items (sweaters, polo shirts, etc.) and appropriate hangers for other items. Padded and heavy wooden hangers are for tailored coats, suit jackets, tailored dresses. Tubular plastic hangers are all purpose or appropriate for lightweight blouses, dresses, woven shirts, lightweight slacks/pants.

Remove garments from the dry cleaning plastic bag as soon as you get them home. Plastic bags trap moisture and odors, forcing them to penetrate or remain on the fabric.

Recipe Corner—Summer Salad Recipes

OLD-FASHIONED EGG SALAD

¼ cup mayonnaise
2 teaspoons lemon juice
1 teaspoon instant minced onion
½ teaspoon salt, optional
¼ teaspoon pepper
6 hard-cooked eggs, chopped
½ cup finely chopped celery
In medium bowl, stir together mayonnaise, lemon juice, onion, salt and pepper until well blended. Stir in eggs and celery until evenly coated with dressing. Cover and refrigerate to blend flavors.

Nutrition information per serving of ¼ recipe: Calories 224, total fat 19 gm, Cholesterol 340 mg, sodium 165 mg, potassium 149 mg, carbohydrate 2 gm, protein 10 gm

MUSTARD POTATO SALAD



Into 1 recipe of Old-Fashioned Egg salad, stir: 1 pound potatoes, peeled, cooked and diced (about 3 cups); ¼ cup mayonnaise; 1 teaspoon prepared mustard; ½ teaspoon instant minced onion; and ¼ teaspoon salt, optional.

Nutrition information per serving of 1/6 recipe: Calories 279, total fat 21 gm, cholesterol 241 mg, sodium 163 mg, potassium 365 mg, carbohydrate 16 gm, protein 8 gm



***UNIVERSITY OF CALIFORNIA
COOPERATIVE EXTENSION**



June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 10 am Reversible Quilting Class	6	7
8	9	10 6 pm HM Picnic & Auction, Travis Sparks'	11 	12	13	14 Festival of Hope, Gray Hawk Park
15	16	17	18	19	20	21
Sewing Camp, 10 am—2 pm, Volunteers Needed!!!!						
22	23 2 pm, McKee Manor Homemakers	24	25	26	27 Jackson Energy Picnic, Annville	28 
29	30 6 pm, Northern Jackson Co. HM's, Clover Bottom Baptist					

July 2008

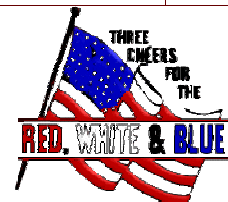
Sun	Mon	Tue	Wed	Thu	Fri	Sat
HAPPY 4TH OF JULY!		1	2	3	4 	5
6	7	8	9	10	11	12
13	14 4 pm, Gray Hawk Homemakers	15	16	17	18	19
Day Camps, 10 am—2 pm						
20	21 2 pm, McKee Manor Homemakers	22 10 am, Food Preservation Workshop,	23	24	25	26
27	28 6 pm, Northern Jackson Co. HM's, Clover Bottom Baptist	29	30	31 Fair Board Carnival, Bond Park		

Sincerely,

Michelle W. Smith
CEA for FCS



Disabilities accommodated with prior notification



Agriculture & Natural Resources • Family & Consumer Sciences • 4-H/Youth Development • Community & Economic Development

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.